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SAIT primed for largest student growth in history

Apprenticeship spike.
Provincial funding aimed at high-demand programs

Nearly 1,200 more students will fill the halls of Calgary's flourishing SAIT Polytechnic this fall — the largest enrolment increase in the institution's 98-year history.

Anticipated full-load equivalent student head counts published in the polytechnic's comprehensive institutional plan peg the number of learners for the 2014-15 school year at 14,807, up from the 13,657 budgeted for in 2013-14, a growth of 8.4 per cent.

Long-term projections put SAIT's student body in excess of 16,000 within five years.

Elka Walsh, the polytechnic's director of institution planning and analysis, said applications are pouring in from students not only interested in pursuing a standard degree, but also those seeking course upgrades, corporate training and those wanting to involve themselves in applied research with industry.

"It's the kind of place where if you want to imagine what the future's going to look like come and walk the hallways," she said. "This isn't just about the here and now — this is about our future."

In the March provincial budget, SAIT received an additional $4.2 million through a targeted enrolment grant aimed at boosting space in high-demand programs. By comparison, the polytechnic's allotment was higher than the $3.8 million awarded to the much larger University of Calgary.

SAIT will fill an additional 600 apprenticeship seats in the fall, with major growth seen in its electrician program, which will add 264 students, and its steamfitter-pipefitter program, which will enrol nearly 170 additional learners.

A range of engineering, construction and information technology programs will also see a share of hundreds of additional student spaces.

But critics have expressed fears that the province was playing favourites with trades-focused institutions as it trickles funding back into a post-secondary sector hammered by a nine per cent cut in once-promised funding in the 2013 provincial budget.

Metro published a story in April that pointed out while SAIT is only roughly one per cent shy of the funding it had to work with in 2012-13, other schools like U of C and Mount Royal University were still combating funding cuts of 2.5 per cent or greater.

JEREMY NOLAIS/METRO

CROONING IN CALGARY

Canadian recording artist Michael Bublé made a stop at the Scotiabank Saddledome in Calgary on Monday for the first of two shows in the city on his To Be Loved Tour. CANDICE WARD/FOR METRO

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City hall

Council rejects call to lift limits on borrowing

Calgary council soundly rejected a proposal Monday to re-examine the city's self-imposed debt-servicing limit.

The motion, put forward by councillors Andre Chabot and Ward Sutherland, was voted down by an 11-3 margin with just those two and Coun. Jim Stevenson voting in favour.

Mayor Naheed Nenshi described the proposal to temporarily suspend the city's existing debt-servicing limit, set at 28 per cent of gross revenues, as "a very bad idea" because "there's no reason to do it."

The mayor said the move could actually harm the city's bargaining position as it renegotiates its standard development agreement — set to expire at the end of 2015 — and seeks to increase developers' share of certain growth-related infrastructure costs to 100 per cent, up from the current 50 per cent.

Chabot, however, said the city will be in a challenging position in the next four years as it takes out short-term loans to bridge finance-pending infrastructure grants from the province to cover projects it has already committed to.

Chief financial officer Eric Sawyer said those short-term loans are indeed "punishing" to the city's debt-servicing rate but still advised council against lifting the self-imposed limit.

"We have been using internally imposed constraints on our borrowing for the past 30 years and … they've served the organization very, very well," Sawyer said. ROBSON FLETCHER/METRO

A union representative says a Calgary Board of Education director has confirmed to him that mould was found in three classrooms at the Viscount Bennett Centre, seen here Monday. The centre continues to accommodate adult-learning students year-round. BRYAN WEISMILLER/METRO

Union says mould found at aging school

Viscount Bennett Centre. Details on apparent discovery remain elusive

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Union officials say they're monitoring the situation closely at an aging Calgary public school after being informed that mould was found in three classrooms.

Bob Anderson, president of the Canadian Union of Public Employees local, which represents 700 custodial workers, said a director with the Calgary Board of Education confirmed the mould discovery inside the Viscount Bennett Centre after questioning school officials upon reading parent claims in a recent Metro article.

Anderson said in an interview Monday the director told him last Thursday that two classrooms had been remediated and a third also containing mould has been cordoned off. About 1,000 adult-learning students take classes at Viscount through the Chinook Learning Services program.

Anderson said the CBE official assured him there are no health hazards for his members as well as students and staff, but he remains skeptical.

"It's a real concern," he said. "With the instances of asthma and respiratory problems these days, it behooves all of us to ensure we're not poisoning ourselves in our environment."

A number of parents from Westgate School have told Metro in recent days that CBE executives confirmed the discovery of mould in the Viscount centre, which is widely regarded as being in the worst shape of the organization's more than 200 facilities. The centre was due to serve as a backup for students from Westgate's Spanish program, should a new home for them at Glenmeadows School not be ready come 2015.

It was not clear when the mould was first discovered and when it was remediated in the two classrooms, as the CBE has not actually confirmed the discovery despite repeated questioning.

Facts on mould

- Indoor mould generally grows in buildings with water leakage, excessive humidity or condensation problems.
- In general, people are exposed to mould both indoors and outdoors every day, but higher levels generally correlate with increased health side effects. The health impact of mould varies from person to person, but it is known to aggravate asthma and other ailments in sensitive individuals.

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Housing, retail for Paskapoo Slopes?

Area structure plan. Trinity Group has applied for the first step in a major development process

Part of Calgary's Paskapoo Slopes area, just east of Canada Olympic Park, would be turned into homes for thousands of people as part of a mixed-use development proposal to be presented to the public this week.

The green space on the south side of the Trans-Canada Highway between Sarcee Trail and Bowfort Road has been used for public recreation but much of it is actually privately owned, and the city is now considering a development proposal for a portion of the area.

Trinity Development Group wants to build up to 1,600 units of housing, 500,000 square feet of retail space, 260,000 square feet of office space, and 600 hotel rooms on about 100 of 260 acres it owns.

The remaining 160 acres would be gifted to the city to convert into park space, said Cameron Wallace, a spokesperson for the developer.

David Couroux, the city's file manager for the application, said the size of the development would depend on transportation capacity in the area, which would be affected by a related but separate upgrade to the Bowfort/Trans-Canada intersection that the city is also planning.

Two open houses are set for this week to gather community feedback on the proposal.

"It's a work in progress," Wallace said. "It hasn't been etched in stone."

Following the open houses, Wallace said Trinity will work with city planners during the summer and then come back to the public with a revised plan in the fall.

The developers aim to bring the plan to the Calgary Planning Commission in December and before city council for approval in February or March of 2015. **ROBSON FLETCHER/METRO**

Open houses

- **Tuesday:** 5 to 8 p.m. at the Irish Culture Society of Calgary, 6452–35 Ave. N.W.
- **Thursday:** 5 to 8 p.m. at the Calgary French and International School 700–77 St. S.W.

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Stampede events safer: Review

An annual safety review of rodeo and chuckwagon events at the Calgary Stampede suggests the sports are becoming safer.

An independent livestock handling specialist says new chutes installed on the rodeo grounds last year helped reduce the risk of injury to animals and people.

Jennifer Woods, who advises the Stampede on animal safety, has conducted safety audits for the last four years. She says there will still be issues with the stock-handling facilities because the ground is uneven. That means gates don't always work correctly and the movement of livestock can be affected, but there's nothing serious at this point, she says.

"I wouldn't say there's things I'm worried about. There's still areas of improvement and we still need to work with facilities," Woods said Monday.

"It's the outreach. It's getting everyone on the same page. It's getting all the stock contractors buying in to fitness to compete, fitness to exhibit."

Giddyup!

This year's Calgary Stampede runs from July 4-13.

Closer monitoring of the health of chuckwagon horses seems to have made a difference as well, Woods said. Full examinations now required before a race saw 16 horses scratched from performing last year.

The number of animals that died due to physical breakdowns or heart conditions was down to zero last year from 75 per cent in 2010.

The rodeo has been the target of animal rights groups for decades. They say it is cruel and endangers innocent animals. Similar criticism has been levelled at the chuckwagon races where a crash can result in horses having to be destroyed. **THE CANADIAN PRESS**

Council. City's wish list for federal funds varied

Proposed bus-only lanes — and eventually LRT tracks — stretching from north-central to southeast Calgary will be the first item on the city's wish list for new federal funding, but not the only one.

Council voted Monday to include the "Green Line" transit project along with a "goods movement package" and a "disaster resiliency package" as part of its application to the Building Canada Fund.

Coun. Shane Keating wanted to make the Green Line the sole project on the city's list, but a majority of council disagreed.

Mayor Naheed Nenshi said the Green Line is a top priority but not the most likely to win a share of $4 billion to be doled out nationwide, so it's prudent not to put all the city's eggs in one basket. **ROBSON FLETCHER/METRO**

Not a free-for-all. New curriculum still plans to teach essentials: CBE

Student learning will be more hands-on and relatable to the real-world, but teachers will still be required to share basic concepts, says a Calgary school-board executive helping steer changes to Alberta's curriculum.

The Calgary Board of Education has been selected as the lead vendor on a curriculum prototyping initiative underway in the province and is due to report back to Alberta Education next January. The new guidelines for learning are being developed using Inspiring Education, a provincially-generated document that attempts to envision the student of the future.

But some parents have been quick to levy concerns that new-age learning will be advocated for in place of tried-and-true methods for solving, say, basic math equations.

But Cathy Faber, the CBE's superintendent of learning innovation, said the work her team is doing is about adding onto the already-established teachings when it comes to basic addition and the common periodic table.

"We're not creating conditions where this becomes an open-ended pick-and-choose (for teachers)," she said. "There are going to be absolutely essential requirements, essential conditions for student success."

Alberta Education Minister Jeff Johnson told Metro last week that portions of the provincial math curriculum are in the process of being amended to ensure that students are still being taught the times table and that techniques like rote learning, a technique of memorization through repetition, were still being encouraged.

JEREMY NOLAIS/METRO

Work in progress

The CBE is working with other school jurisdictions on the curriculum. Public feedback is encouraged at inspiredcurriculum.ca.

New Calgary Homeless Foundation CEO looks to be effective, not popular

Diana Krecsy. She says she'll direct dollars where they need to go

ROBSON FLETCHER
robson.fletcher@metronews.ca

The new head of the Calgary Homeless Foundation is prepared to lose friends as she settles into her role and begins tackling thorny issues like which programs to continue funding and which to cut.

"Come some months down the road here, I'm not going to be everybody's favourite person," Diana Krecsy said. "I understand that … but I also understand that you can't fund things that aren't working."

In her first in-depth interview since taking over as president and CEO in May, Krecsy outlined the rough course she's plotting for the foundation, which is now more than six years into its 10 Year Plan to End Homelessness and preparing to publish an updated version of the document in the fall.

Andrea Ranson, the foundation's vice-president of communications and fund development, previously told Metro the update will focus on assisting the most chronic shelter users, as well as unaccompanied youth and families, with special approaches for "sub-populations" within those groups , particularly women and aboriginals.

Krecsy echoed that broadstrokes outline but added more detail on exactly how the foundation will aim to hit the shifting target.

Part of the approach, she said, will involve directing the most funds to the organizations that show the most tangible results.

Quoted

"There are so many not-for-profits that do wonderful work … But there are also not-for-profits that are running programs that need to say: 'I'm doing it, but am I doing it well?'" Calgary Homeless Foundation President and CEO Diana Krecsy

"Well, that means somebody else isn't going to get the dollars," she said, adding that evidence-based evaluations of outcomes will guide her decision making.

That, however, doesn't mean she'll wait until annual reports are compiled before making substantive changes.

"There's lots of research that's been done, and I don't think we can afford to sit back here and say, 'We've got to do another study,'" she said. "At some point we've got to just start implementing this stuff … while still measuring outcomes."

The foundation directs tens of millions of dollars in annual funding from the federal and provincial governments to dozens of local programs and agencies.

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Hands-on leader: Calgary Homeless Foundation CEO Diana Krecsy looks through the safe-injection kits that the Alpha House DOAP Team carries in its vans as part of its street-outreach program. ROBSON FLETCHER/METRO

Highwood River. Crews search for missing teen

A 19-year-old has been reported missing after it's believed he went swimming in a Calgary-area river that has been under a high streamflow advisory in recent days.

Justin MacNeil is reported to have hopped in the Highwood River at an area known as Nature's Hideaway just after 7 p.m. Sunday.

"He was almost immediately caught up in the current and was swept downstream," RCMP said in a release, after interviewing four friends who were with MacNeil.

Emergency crews from around the area have searched as far as 10 kilometres downstream, but to this point their search hasn't yielded any clues to the disappearance.

Calgary police have deployed the HAWCS helicopter to aid in a search for MacNeil. **METRO**

Washington, D.C.

Calgary Zoo elephants make U.S. debut

A trio of elephants that left Calgary for the U.S. nation's capital last month have made their debut at a new zoo.

Kamala, Swarna and Maharani were unveiled at the Smithsonian National Zoo in Washington, D.C. on Monday morning.

The Calgary Zoo had long arranged to ship the elephants east after expressing concerns that their enclosure was too small and that the city's climate was a tad too harsh.

On Friday, Calgary keepers unveiled a rhino named Sabari, who will now live where the elephants roamed.

The elephants appeared to be in good health, according to a post on the Washington's zoo Facebook page. **METRO**

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Mom of alleged trafficking victim says the system failed her daughter

'I did try to seek help.'
Halifax-area woman says she's not getting enough assistance keeping teen from a life of drug abuse and sexual exploitation

RUTH DAVENPORT
Metro in Halifax

A Halifax-area woman whose daughter was allegedly coerced into prostitution says the problem isn't the individual who's facing charges — it's a larger system that failed, and continues to fail, children.

Tashlynn Shaw, 23, was arrested last week and is facing child-trafficking and underage-prostitution charges.

Police say the investigation involved two young girls — aged 13 and 14 — who had been forced into the sex trade.

But the mother of one girl says her daughter started selling her body not because of any one adult, but because of a system focused on blame rather than support.

"These girls are out there doing this stuff on their own and it doesn't seem that anything is being done until someone of age … is there to pin the human trafficking on," said the woman, whose identity is protected in order to protect her daughter's identity.

The 37-year-old woman says she's struggling to save her daughter from a life of drug abuse and sexual exploitation, and isn't getting help from police or any social agencies.

The problems started when the girl was 10 and the woman went through a bad breakup, turning to drugs and even prostitution to cope. She said the formerly good girl started acting out after watching her mother "fall apart" — running away from home and pushing her mother further into self-destruction.

Tashlynn Shaw, who faces child-trafficking and underage-prostitution charges, arrives at Halifax provincial court Thursday. JEFF HARPER/METRO IN HALIFAX

"I did try to seek help, and (child welfare) did send someone … but it took two weeks for them to even get back to me," said the woman. "She kept saying, (the girl) needs to be taken out of the home, and no one listened. And my whole life fell apart."

Child welfare took the woman's four kids, placing them with relatives, friends and foster families. At the age of 13, the eldest reportedly followed a friend into the sex trade, posing as a 17-year-old in online ads.

The mother says the girl was in and out of group homes, where a lack of structure enabled her sex work.

"They don't monitor them," she said. "(The kids) say they're going somewhere at 9 a.m., and they leave. And no one checks on where they're going."

The woman, who's been clean since 2012 and has completed parenting and self-help courses, has her three younger kids on weekends and her eldest daughter full-time. She says her daughter has developed a taste for money and freedom, and doesn't want the structure of a normal home life — and the system that was quick to take the children away isn't there to help rebuild.

"They were so focused on the blame that could be put on me and not focusing on how she was feeling and how to deal with her issues with me," she said. "There's been more … people that are there to feel sorry for her than want to really get down to the issues."

Quoted

"As much as I hated that they took my kids, they needed to, and I understand that. I just wish they would have helped before it got to that point."
Mother of alleged teen prostitution victim

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Shock. Egyptian-Canadian journalist given stunning 7-year prison sentence

"Thank you Canada. I will be arriving soon for some love. No terrorism plans, I promise :)"

This is one of several tweets Egyptian-Canadian journalist Mohamed Fahmy had asked his brother to send Monday as soon as an Egyptian judge ordered his much anticipated release.

But in a shocking turn of events, Fahmy and two other Al-Jazeera journalists were sentenced to seven years in prison on terrorism-related charges, a verdict widely denounced as an attack on freedom of expression.

"No one expected this verdict at all," Fahmy's brother, Sherif, said in a phone interview from Cairo. "Mohamed, when I saw him last week … he was extremely optimistic."

To see that hope swept away has dealt the family a crushing emotional blow, he said.

"My parents are too old for this.... My mother, for example, she broke down today, a total breakdown; none of us are able to calm her down at all."

Fahmy and his colleagues — Australian Peter Greste and Egyptian Baher Mohamed — were employed with Qatar-based satellite news broadcaster Al-Jazeera English when they were arrested on Dec. 29.

Journalist Mohamed Fahmy sits in the defendant's cage in Cairo, Egypt, Monday. AHMED ABD EL LATIF/EL SHOROUK NEWSPAPER/THE ASSOCIATED PRESS

After Monday's verdict, Sherif Fahmy said Ottawa should take a clear and public stance in his brother's defence.

"Call the Egyptian president … call the Egyptian ambassador in Canada, like Britain did today," he said.

"Do something that proves that you actually care for Mohamed, that is what I am asking them to do."

The Canadian government said it was "very disappointed" with the verdict.

THE CANADIAN PRESS

Sudan

Woman convicted of apostasy freed from death row

A Sudanese woman on death row for apostasy had her sentence cancelled and was released by a Khartoum court on Monday, her lawyer and state media said.

State news agency SUNA said the Court of Cassation cancelled the death sentence against 27-year-old Meriam Ibrahim after her defence lawyers presented their case. Her lawyer, Eman Abdul-Rahim, said Ibrahim has left prison and is with her husband and two small children, who had been with her in jail.

Ibrahim, whose father was Muslim but who was raised by her Christian mother, was convicted of apostasy for marrying a Christian. Sudan's penal code criminalizes the conversion of Muslims to other religions, a crime punishable by death.

The sentence drew international condemnation, with Amnesty International calling it "abhorrent."

THE ASSOCIATED PRESS

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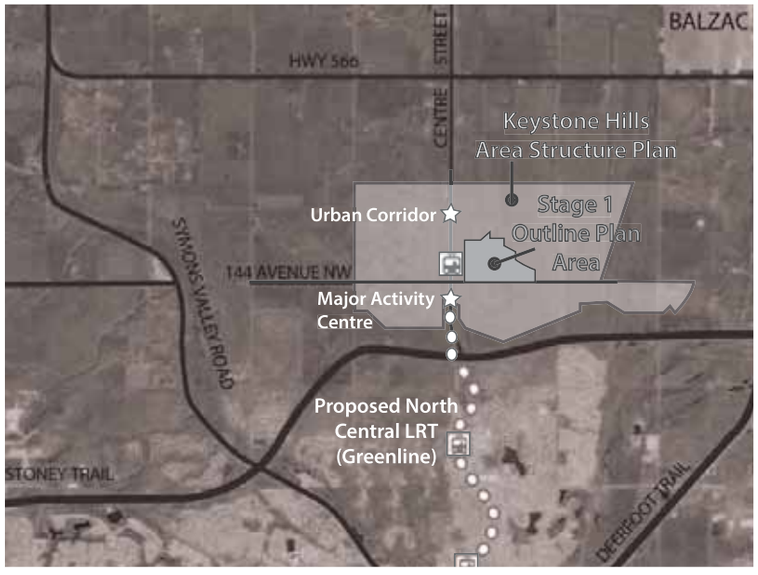
Brookfield Residential is hosting a Virtual Open House to about the Livingston Stage 1 Outline Plan proposed for the Keystone Hills area. We look forward to hearing your thoughts on our future community in North Calgary.



Please participate in our online consultation.

Visit **www.livingston-keystone.ca** between 4:00pm – 8:00pm on June 25, 2014. If you have any questions, Brookfield representatives will be available to answer you during the time listed above. We look forward to connecting with you online!

Virtual Open House Details:

Date: June 25, 2014

Time: 4:00pm - 8:00pm

Place: www.livingston-keystone.ca

France's cave art added to UN heritage list

This photo provided by the French Ministry of Culture shows a drawing in the Cave of Pont d'Arc in southern France. Drawings of mammoths, human footprints and other art carved on cave walls about 30,000 years ago have been inscribed on UNESCO's World Heritage list. The UN cultural agency says that the Decorated Cave of Pont d'Arc contains the best preserved figurative drawings in the world. Scan this photo with your Metro News App to see more images from the Cave of Pont d'Arc. DRAC RHONE-ALPES, MINISTERE DE LA CULTURE/THE ASSOCIATED PRESS

U.S. lagging in paid family leave: Obama

Maternity leave. Employers in U.S. only required to provide unpaid leave for medical and family reasons

U.S. President Barack Obama said Monday that the United States should join the rest of the industrialized world and offer paid leave for mothers of newborns.

"Many women can't even get a paid day off to give birth — now that's a pretty low bar," Obama said at the White House Summit on Working Families. "That, we should be able to take care of."

While some companies offer paid family leave to attract workers, the 1993 Family Medical Leave Act only requires that employers provide unpaid leave for medical and family reasons.

Obama praised California, Rhode Island and New Jersey for creating a state benefit. But he has not endorsed legislation that would create a similar national system funded by a payroll tax, and he pledged in his 2008 presidential campaign not to raise taxes on families making under $250,000 a year.

When Obama came to the White House, he instituted six weeks of paid leave for his workers when they have a child, get sick or injured or need to care for an ailing family member, using his authority to set his staff's compensation under the personnel code.

He does not have the power to award paid leave to other federal workers without congressional action since they are covered under a different section of law. The White House has supported the goal of legislation introduced by lawmakers to change that, but it has yet to get through Congress.

Obama also encouraged employers to have more flexible work schedules and directed federal agencies to expand flexible work arrangements where possible. He also urged Congress to pass legislation requiring employers to accommodate pregnant employees so they can continue to perform their jobs. THE ASSOCIATED PRESS

Quoted

"There is only one developed country in the world that does not offer paid maternity leave, and that is us. And that is not the list you want to be on — on your lonesome. It's time to change that."

U.S. President Barack Obama

Parental leave

- The United States and Papua New Guinea are the only countries in the developed world that do not offer paid leave for new parents.
- Canada offers one of the longest paid parental leaves at one year, but one of the lowest payouts, at a maximum of about $500 a week.
- Russia offers two months leave before birth and as much as 18 months after birth.
- Sweden offers 16 months parental leave.

Airman's body identified with genetic testing

Flight Sgt. John Joseph Carey died in combat in the Second World War. COURTESY MAUREEN PEGG

Second World War. Flight Sgt. John Joseph Carey's remains were found in a German lake

Canada's Defence Department says the remains of a Second World War airman found in a German lake in 2008 have been identified as those of Flight Sgt. John Joseph Carey of Ottawa.

Carey's body was found in Laacher See, a lake south of Bonn, by a team of German explosives-disposal divers and was identified by the Department of National Defence (DND) through genetic testing.

A front air gunner of bomber Halifax BB214, Carey and fellow crew took off in the aircraft for Germany on Aug. 28, 1942. They were shot down by a German night fighter. He was 22 at the time.

Born in Winnipeg, Carey moved to Ottawa in order to pursue his hockey dreams and was even invited to try out for the New York Rangers, according to his niece, Maureen Pegg. Carey was in good shape for the sport, she said.

Carey's death took a toll on the family, she added. Her grandmother was never able to come to terms with it, she said.

His father also worked for years to see if they could lift the crashed plane to find Carey's body, a task that was deemed too risky at the time, said Laurel Clegg, a casualty identification co-ordinator with DND's Directorate of History and Heritage in Ottawa.

The recovery of Carey's body and his identification is bittersweet, said Pegg. His remains are to be buried at Rheinberg War Cemetery in Germany on July 9.

AMY YEE/FOR METRO IN OTTAWA WITH FILES FROM THE CANADIAN PRESS

Victoria, B.C.

Fishing line strung across bike route, police warn

Police in Victoria, B.C., have issued a warning to cyclists after someone strung fishing line across a bike route near the city's downtown.

A woman called 911 to report she'd removed the fishing line that could have endangered cyclists who wouldn't be able to see it.

Police say the caller wished to remain anonymous, but they're asking her to phone back so they can gather more information.

THE CANADIAN PRESS

Vancouver

Two men charged in halfway house shooting

Vancouver police say they've arrested two men in connection with a murder outside a halfway house that investigators believe was a case of mistaken identity.

Raj Soomel, 35, was shot dead in 2009 in what police sais was a gang-related shooting. Police say 32-year-old Colin Stewart and 35-year-old Kevin Jones were arrested and charged with first-degree murder.

THE CANADIAN PRESS

Connecticut

Man hides 19 bags of pot in left sock: Authorities

Authorities say a Connecticut man who told his probation officer he wasn't foolish enough to bring drugs into a courthouse had been hiding 19 bags of pot in his left sock.

Darren Shelley had a hearing Monday in Stamford Superior Court, but the case was continued until Aug. 7. Authorities say the 22-year-old Stamford man reeked of marijuana when he met with his probation officer. THE ASSOCIATED PRESS

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Tokyo city assemblyman Akihiro Suzuki bows to his female counterpart Ayaka Shiomura at Tokyo Metropolitan City Hall in Tokyo as he apologized for a sexist remark he made last week. KYODO NEWS/THE ASSOCIATED PRESS

Heckler apologizes for sexist comments

Hooting and hollering. Japanese assemblyman comes forward after officials scramble to identify who made derogatory remarks at a presentation on fertility and marriage

A Tokyo city assemblyman apologized Monday for shouting out a sexist remark at a female counterpart last week — but denied that he meant to insult her.

Akihiro Suzuki, 51, reversed his earlier denial and came forward five days after officials scrambled to identify the voices heard during Ayaka Shiomura's presentation on issues such as infertility, maternal support and delaying marriage during an assembly session Wednesday.

A voice from the floor said, "You are the one who should get married first," followed by laughter and more heckling, including, "She must be single" and "Can't you even have babies?"

Suzuki apologized over the first remark but denied making the others. He said he never meant to insult her but wishes she could marry soon.

"I really hoped she could marry soon, bearing in mind this ongoing trend where women are delaying marriage and having fewer children," he said.

"But there are people who cannot do so even if they want to, and I realize what I said lacked consideration."

Suzuki said he personally apologized to Shiomura, a 35-year-old former TV personality, and her colleagues of the opposition Your Party before the news conference.

He left the ruling Liberal Democratic Party to take responsibility for causing embarrassment to his fellow members, but vowed to keep his seat in the Tokyo assembly.

THE ASSOCIATED PRESS

CNSC proposes radiation-fighting pills for accidents

Canada's nuclear watchdog for the first time is proposing that people living near reactors be given a precautionary stock of radiation-fighting pills in case of an accident.

The Canadian Nuclear Safety Commission has been reviewing the country's emergency preparedness and response regulations in the wake of the meltdown at Japan's Fukushima reactor in 2011.

Many countries have already adopted a system in which residents near nuclear reactors are given iodine thyroid blocking tablets to store in their homes. The thyroid glands, especially in younger children, are the most susceptible to absorbing radiation that is ingested or inhaled.

The safety commission has been consulting with various groups, including environmentalists and nuclear license holders, on its latest regulatory draft. It is proposing the tablets be made available within "plume" area of radiation, of about 10 kilometres, for a selective portion of the population.

Some energy producers have expressed concern about the proposal and have balked at the idea that a "selective" pre-distribution be undertaken for a wider area beyond the first 10 kilometres.

A nuclear safety commission document summarizing the comments lists Ontario Power Generation as wanting to delete the words "selective pre-distribution" and adding the words "the opportunity for pre-distribution ... will be made" within the 10-kilometre zone.

THE CANADIAN PRESS

Quoted

"This is a good step towards catching up with other countries; Canadians deserve protection on par with international best practices."

Shawn-Patrick Stensil, nuclear analyst for Greenpeace

Alaska

Delivery, North Pole style

A flooded creek was not enough to keep an Alaska restaurant owner from delivering Thai ribs and fried rice to stranded customers over the weekend. Anuson "Knott" Poolsawat, owner of Knott's Take Out in North Pole, forded the swollen waters of Clear Creek to reach two customers stuck along the Richardson Highway. THE ASSOCIATED PRESS

Planet Earth

World breaks heat record

Driven by exceptionally warm ocean waters, Earth smashed a record for heat in May and is likely to keep on breaking high temperature marks, U.S. experts say.

The National Oceanic and Atmospheric Administration said Monday that May's average temperature on Earth of 15 C beat the old record set four years ago. THE ASSOCIATED PRESS

Be our better half.

Diplomacy. U.S. secretary of state visits Iraq during 'critical moment'

America's top diplomat said Monday that leaders of Iraq's factions must keep their commitments to seat a new parliament next week, before a Sunni insurgency sweeps away hopes for a lasting peace.

Meeting with all factions, U.S. Secretary of State John Kerry had a dire message to leaders of Iraq's bitterly divided Shiite, Sunni and Kurdish political coalitions who have lived through more than three decades of dictatorship, sanctions and war.

"This is a critical moment for Iraq's future," Kerry said at a press conference in Baghdad. "It is a moment of decision for Iraq's leaders and it's a moment of great urgency."

Sunnis frustrated with being cut out of power are increasingly joining the Islamic State of Iraq and the Levant, a bloody insurgency that has been emboldened by battlefield successes in neighbouring Syria's civil war and has made rapid and record gains in Iraq over the past two weeks.

Quoted

"The very future of Iraq depends on choices that will be made in the next days and weeks."

U.S. Secretary of State John Kerry

Kerry is seeking to hold the officials to a government transition that the U.S. believes will stave off the threat of a new civil war by giving more power to Iraq's minorities.

Kerry offered few details of his closed-door meetings in Baghdad. But he said each of the officials he met with — including Shiite Prime Minister Nouri al-Maliki — committed to seat a new parliament by July 1 as the constitution requires.

THE ASSOCIATED PRESS

Mourners bury 15 bodies on Monday in a cemetery in the village of Taza Khormato near the northern oil-rich city of Kirkuk, Iraq. EMAD MATTI/THE ASSOCIATED PRESS

Ukraine separatists agree to ceasefire

Negotiations. Rebels also promise to release hostages — observers from the Organization for Security and Co-operation in Europe — as talks continue

A girl says goodbye to her friend, a volunteer, during a ceremony on Monday to take the oath of allegiance to the country, in Kyiv, Ukraine. SERGEI CHUZAVKOV/THE CANADIAN PRESS

Insurgents promised Monday to honour a ceasefire declared by the Ukrainian president and engage in more talks to help resolve the conflict that has left hundreds dead in eastern Ukraine.

The announcement came on the first day of talks between a former Ukrainian president, the Russian ambassador, European officials and the eastern separatists who have declared independence.

The negotiations were launched in line with President Petro Poroshenko's peace plan, which started with a week-long unilateral ceasefire Friday to uproot the mutiny that has engulfed the nation's industrial east. Hundreds of people have been killed in the fighting and tens of thousands have fled their homes.

Alexander Borodai, one of the rebel leaders who took part in Monday's talks in Donetsk, said they would respect the ceasefire declared by Poroshenko, which lasts into Friday.

The rebels, who have declared their border regions independent and fought government troops for two months, also promised to release the observers from the Organization for Security and Co-operation in Europe whom they have held hostage.

Russian President Vladimir Putin, meanwhile, talked on the phone Monday with U.S. President Barack Obama, urging direct talks between warring parties in Ukraine.

The Kremlin said Putin underlined in Monday's conversation that in order to normalize the situation in eastern Ukraine it's necessary to "effectively end fighting and start direct talks between the conflicting parties."

THE ASSOCIATED PRESS

Pointing fingers

- The Ukrainian government has accused the rebels of firing at government forces' positions since the unilateral ceasefire was announced, while insurgents have accused the Ukrainian forces of failing to observe it.
- President Petro Poroshenko has said that government troops will fire back if attacked.
- Poroshenko's office said Monday that he had offered Russia a chance to send its own observers to join the OSCE mission in Ukraine to see that government troops were observing the ceasefire.

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Take this Ringly as a sign of my love for my phone?

Commitment. For those looking to take things with their smartphone to the next level comes a Bluetooth-connected ring

In a serious relationship with your smartphone? Put a Ringly on it. RINGLY

The first wearable tech smart ring vows to keep you connected to your phone. Ringly uses Bluetooth LE to alert wearers to a call, text or even Tinder.

The New York-based boffins behind the band say it's designed to help women discreetly stay on top of hectic social and professional engagements without the need to constantly check their phone.

The 18 karat gold-plated gadget inlaid with a choice of four semi-precious stones — black onyx, rainbow moonstone, pink sapphire, and emerald stone — features four vibration patterns and five colours that can be assigned to different notifications.

Co-founder Christina Mercando tells Metro why women need to have their (ring) finger on the smart technology pulse.

Nowadays, we're more connected to smart technology than ever before, so why do women need this piece of wearable tech?

One day after work I was out with some friends and totally lost track of time. My phone was buried in my purse, so I didn't get any of the texts from my boyfriend, who was telling me that I was late for our dinner reservation. That's when I realized that women have this huge problem of missing important phone calls and notifications because they, unlike men, don't keep their phones in their pockets.

Is the functionality of the design more important than its esthetic?

We are a fashion-first company that packs small and powerful technology into beautiful jewelry. It was important to create a product that women would want to wear even if it didn't have technology inside.

The ring sends an alert if the wearer strays too far from their smartphone. Is this made for the forgetful and absent-minded?

Nowadays we have to worry about so many things: wallets, keys, metro cards and phones. There have been many occasions when I leave the house without my phone so we decided to build in a feature that would solve this as well. The range of connection to your phone is around 20 feet, and if you walk too far away from your phone or leave it behind Ringly will notify you that you are out of range.

Do you not think that a ring that lights up and vibrates could be distracting?

We wanted to make the technology as discreet as possible, so when your Ringly is sending you a notification through vibrations and light, only the wearer notices because it's so subtle. I've been out many times wearing my Ringly and I'll receive a notification, and no one notices but myself. I like to refer to it as glanceable UI — you can glance at it and know what's going on, but it's unobtrusive.

METRO WORLD NEWS

Made by Takata

Defective airbag recall spreads

A recall of defective air bags is spreading to more manufacturers.

BMW, Chrysler, Ford, Honda, Mazda, Nissan and Toyota will all recall cars at the U.S. government's request because their air bag inflators could rupture. If that happens, the air bags might not work properly in a crash, and shards from the ruptured system could fly out and cause injury. In each case, the air bags are made by Japanese supplier Takata.

THE ASSOCIATED PRESS

Market Minute

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SORRY, PANTENE, I'M NOT BUYING IT

SHE SAYS

Jessica Napier
metronews.ca

Pantene wants women to stop saying "sorry." Last week the hair-care brand launched a new marketing video that depicts women saying "sorry" in various situations that really don't warrant an apology.

The viral video, which already has more than two million views on YouTube, urges women to stop asking for forgiveness in everyday situations, be confident and #shinestrong.

This shine strong message is a subtle reminder that Pantene isn't only selling female empowerment, it's also hawking shampoo with Pro V antioxidant formulas designed to give you shiny, glossy hair.

The Sorry Not Sorry video reminds me of Dove's Campaign for Real Beauty, which encourages women to love our bodies and be proud of our curves. It's a nice idea, but Dove subverts its own body-positive messaging by retailing intensive firming cream designed to eradicate the same cellulite we're supposed to be embracing.

The problem with both campaigns is that these companies — as progressive as they might hope to appear — are out to sell products. Dove and Pantene tell us to be confident in our own skin, but they're also trying to cash in on our insecurities. We buy hairspray and scented body wash and moisturizing lotion because we have been told we should look and smell and feel a certain way.

Of course we shouldn't be apologizing all the time ... unless it's about our dull, lacklustre hair, right?

Despite what Pantene would have us believe, I don't think "sorry" is a gendered word designed to disempower modern women. The word has simply become a habitual placeholder for all sorts of phrases. It's a term used by both men and women to get someone's attention or as a knee-jerk response to any sort of physical contact with a stranger. I don't say "sorry" because I feel weak in my everyday life; I say "sorry" because it's usually the polite thing to do and because I was raised in a country of overly apologetic Canadians.

I understand that beauty companies want to create a meaningful dialogue with women, but they have to stop patronizing us with these over-the-top viral videos and cutesy hashtags.

So I'm sorry, Pantene, I'm not buying your marketing campaign — or your hair products.

#thisisnotwhatfeminismlookslike

Faux-feminist rallying cries like #wearebeautiful and #shinestrong are hard to stomach when you consider the fact that these companies are ultimately the ones perpetuating the beauty standards they claim to overthrow.

ZOOM

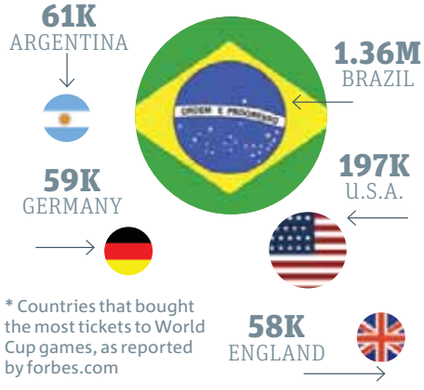
Futbol and fancy dress

ALL PHOTOS THE ASSOCIATED PRESS UNLESS OTHERWISE NOTED

GETTY IMAGES

While some of these teams didn't survive the first round, Metro salutes all of the World Cup fans who, no doubt, have made their fellow countrymen and women proud. Clockwise from top left: Fans from Cameroon, Argentina, Netherlands, Brazil, Honduras and Croatia cheer on their teams.

Biggest spenders*



* Countries that bought the most tickets to World Cup games, as reported by forbes.com

Least hooligan-y

- Japanese fans scored top points at this World Cup from the cleanup crew, after tidying up after themselves and leaving stands immaculate.

Most appropriated

Oct. 22, 2003

Date which can be traced as the birth of what is now soccer's most prolific chant. It began in a bar in Milan with fans of Belgium's Club Brugge K.V. chanting a riff from Seven Nation Army by The White Stripes. This was adopted and nurtured by Italy, brought across the Atlantic by Penn State, and then co-opted by fans around the world. **DEADSPIN.COM**

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In this issue, you can find AR enhancements on page 16 in Scene and page 24 in Sports

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MetroTube

The man who runs with bees

ANDREW FIFIELD
andrew.fifield@metronews.ca

Like moving to the country and opening a bait shop, beekeeping's a career that's easy to admire from afar on a day when you've had enough of sitting at a desk.

Oregon beekeeper Wolf Carr never had such idle daydreams, it seems. He figured out pretty early on that having hives was the life for him and this short profile film makes his typical day seem like one to envy. If this lovely slice of Wolf's sweet life has you intrigued, you can learn more at julietzulu.us. And if that's not enough, we could always take up beekeeping together. (Juliet Zulu/Vimeo)

SCREENGRAB

metro

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How Banks found salvation in dark R&B

Musical catharsis. Singer has anger to thank for her songwriting and subsequent success

RICHARD PECKETT
Metro World News in London

"If I wasn't that lost or lonely, I don't know if I would have even discovered music," says Jillian Banks, the R&B singer-songwriter better known as Banks. She's speaking of her parents' divorce; the mental distress and solitude of her teen years were escalated through her family's domestic disputes.

But rather than go full-throttle on self-destructive teen rebellion, the L.A.-based 26-year-old, whose debut album Goddess drops this September, used her anger as a catalyst for musical creativity.

"It was such a blessing to be so angry," she explains. "If I wasn't in such a dark place I wouldn't have been in a weird enough mood to start tinkling about on the piano."

She channelled her repressed inner turmoil into a "fake keyboard that only needed a napkin-light touch to make a noise," she shares.

This instrumentally crude musical catharsis was the beginning of what would become her now signature darkly pulsing beat.

"I felt like this person who wanted to scream, but didn't have a voice. I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling.

"And all of a sudden all of these weirdly intricate poems were coming out with melodies on top of chords."

Banks had had no formal musical training at this point. In fact, she still writes all her songs by ear, which maybe accounts for her alternative, sultry brand of R&B.

Her writing is an emotional confessional, apt from an artist who has a bachelor's degree in psychology.

"My music speaks for itself with what I go through — things that are hard to talk about in real life. Music is where I feel completely liberated and free to express myself."

Her candid honesty led to her first accidental release Before I Ever Met You to be dubbed a breakup jam.

True to her word, Banks is reticent when asked to divulge the so-called "nitty gritty" of what sparked the song.

But she admits that all her music is "me, me, me, me, me. It's almost voyeuristic to listen to; I'll have to be fearless releasing all this stuff — I just hope people connect to it," she giggles.

She doesn't need to worry. Banks has already been anointed by BBC Radio 1's Zane Lowe, who nominated Before I Ever Met You as his Next Hype record in 2013, can count Katy Perry among her fans and has had tracks used both on a Victoria's Secret ad and the movie Divergent.

None of this would have been possible had Banks' manager not been bold enough to rip the track from her private SoundCloud account and whisked it away to the influential ear of the BBC DJ.

"It was a blessing from the universe," she says. "It kind of gave me that extra little push to be fearless; I would die for him (Zane Lowe)," Banks gushes.

The singer is far from being some boastful upstart; she's timid and borderline fragile.

Like all artists, she needs the support of her fans, but in her case, it sounds more like a desire for emotional support, constantly referring to "connecting to people".

It's a phrase that can read hollow and insincerely earnest; however, for Banks, music is a medium for honest emotion.

"When you hear a voice that's singing something that sounds like they had to sing in order to get up, that's real art," the songstress opines.

Tortured artist? Perhaps. She's certainly handled and branded with a delicacy rarely seen for a performer who's only released a handful of EPs.

The marketing has been a slow, perfectly planned inception: a brilliantly played paradox of hype and mystery. Banks has only relatively recently joined Instagram, while her management handle her Twitter and Facebook accounts, the latter of which still lists her phone number.

"I just didn't feel natural tweeting and I wanted to do something that felt like me," she explains. She answers, too, although admits it's difficult these days to stay on top of the texts and calls.

Her intangibility has seen Banks craft a persona as the high priestess of dark pop. She has the goth-girl qualities of Lorde, with the fatalism of Lana Del Rey and the emotional complexity of actress Veronica Lake.

It's a guise that sees her fans flock to her shows where — dressed in draped monastic all-black capes and enshrouded by smoke — she delivers her song-like sermons to her disciples.

"You're all goddesses," she rasps during a performance in London to the hypnotic gaze of her followers.

Indeed, performance in front of her disciples is the validation for the enchantress, but not her lifeblood.

"The writing is what I need to survive mentally, it's my water."

Banks' debut album, out in September, is called Goddess. GETTY IMAGES

Quoted

"I felt like this person who wanted to scream, but didn't have a voice. I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling."

Banks, R&B singer-songwriter

AUGMENTED REALITY

→ Want to see a beautiful music video? Scan this photo with your Metro News app to check out Banks' video for her song Waiting Game.

metro AR

→ See the full instructions on Metro's Voices page.

DVD reviews

Enemy

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Mélanie Laurent

Toronto history professor Adam Bell (Jake Gyllenhaal) suddenly finds the present more urgent than the past when a perfect doppelgänger named Anthony aggressively enters his life. This is the deceptively simple setup to Enemy, a taut psychosexual thriller by Quebec's Denis Villeneuve that won a leading five prizes at this year's Canadian Screen Awards, including Best Director. Based on The Double, a novel by Nobel Prize-winning novelist José Saramago, the film was shot in Toronto and bathes the city in sinister hues of brown and grey, making it seem like a character. Admirers of Alfred Hitchcock, Roman Polanski and David Lynch will find a friend in Enemy, which also includes intriguing figures played by Sarah Gadon, Mélanie Laurent and Isabella Rossellini.

PETER HOWELL

Blood Ties

Director. Guillaume Canet

Stars. Clive Owen, Marion Cotillard

Good cop/bad con brothers in 1974 Brooklyn (played by Billy Crudup and Clive Owen) clash well, but Blood Ties essentially offers the same old, same old story of family friction. It's co-written by James Gray with director Guillaume Canet (who co-starred in the 2008 French original, Les Liens du sang). Marion Cotillard, James Caan, Lili Taylor and Zoë Saldana help crowd the cast of this cluttered tale, which wisely has 17 minutes trimmed from the overlong 144 of its Cannes 2013 bow.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kim Jong Un-happy about portrayal in new Franco-Rogen film

MELINDA TAUB
Metro World News

If James Franco and Seth Rogen were hoping for an invite to a pickup basketball game with North Korean dictator Kim Jong Un, they can just forget it. Kim Jong Un is in a celebrity feud with them now.

Franco and Rogen star in the upcoming film The Interview, in which they play the star and producer of a TV talk show.

Lizzy Kaplan of the CIA informs them that Kim Jong Un is a big fan of their show, and asks them to go to North Korea and assassinate him.

The trailer for the movie dropped on June 11, and Kim Jong Un, who is believed to be a Western movie buff like his father Kim Jong Il, is not pleased to find himself targeted for a fictional assassination. Unlike most celebrity beefs, this one cannot be settled on Twitter as Miss Manners recommends, but Kim has informed the world of his displeasure through a spokesperson.

"There is a special irony in this storyline as it shows the desperation of the U.S. government and American society," his spokesman Kim Myong-Choi said, according to the Guardian. "A film about the assassination of a foreign leader mirrors what the U.S. has done in Afghanistan, Iraq, Syria and Ukraine. And let us not forget who killed (President John F.) Kennedy — Americans.

"In fact, President (Barack) Obama should be careful in case the U.S. military wants to kill him as well."

If the military sends Seth Rogen and James Franco to do the job, I think Obama will be just fine.

Too many bucks to get Matthew back in the buff?

Yes, there will be a Magic Mike sequel, but don't expect Matthew McConaughey to show up for this one. "Word has it Matthew is probably not going to be involved in this one because he's worth a lot of money," co-star Gabriel Iglesias tells Dish Nation. "That whole Oscar thing. The nerve, right?" Iglesias explains that while he hasn't seen the full finished script yet, what he has seen so far does not include McConaughey's character. "All they're telling me — because they haven't shown me the whole script yet — is that they're taking the show on the road," he says. "So something tells me it's not going to be shot in Florida like the last one."

Lindsay Lohan GETTY IMAGES

London's calling Lohan, but it looks like Kate Moss won't be on the line

If Lindsay Lohan is looking to make her move to London permanent, she's not off to a good start with the locals. Lohan reportedly drew the ire of Kate Moss after reaching out to Moss' husband, musician Jamie Hince, upon her arrival across the pond, which apparently upset the British supermodel, according to the Sun. Tensions came to a head during a recent run-in between Lohan and Moss at a London restaurant where Moss "was ranting about it to fellow diners," a source says. "The argument went on for a while, and Kate seemed extremely annoyed with Lindsay. People around them noticed it was going on."

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A 360-degree beach body plan

Stop comparing yourself to bikini models. Be your own boss. Eat lots of lean meat. Manipulate your metabolism. Health and fitness experts tell us what to do to look great four weeks, not four days, before your summer holiday.

ROMINA MCGUINNESS
Metro World News

It's $$$, but when you can, buy organic

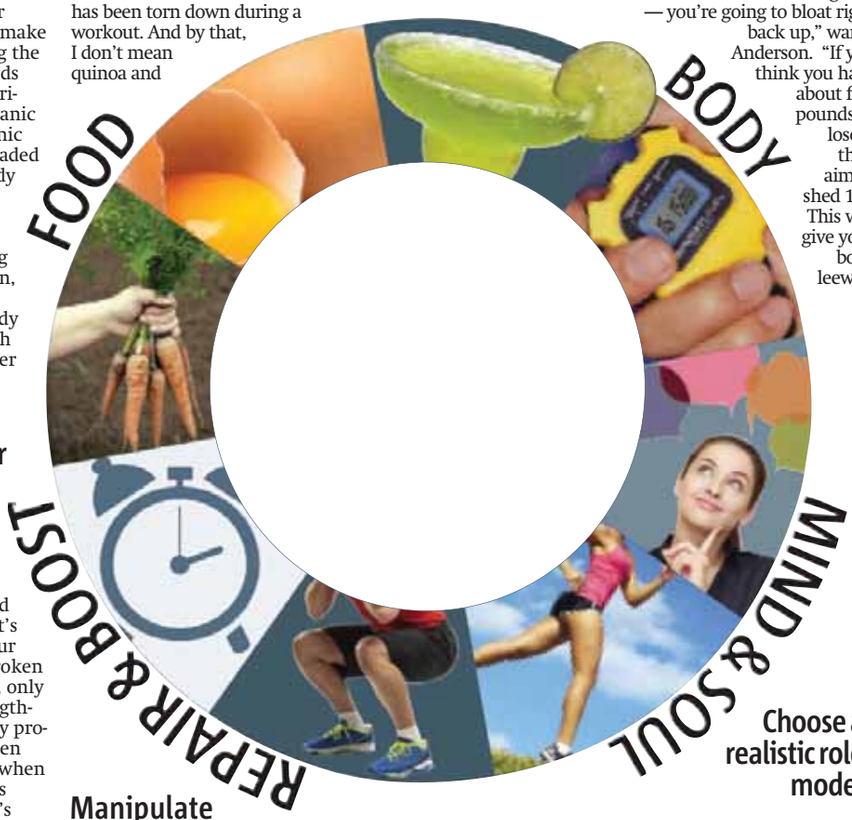
You'll be taking in fewer calories, so you need to make sure your body is getting the most nutrient-dense foods possible: "The same nutritional count is in an organic blueberry as a non-organic one; only the latter is loaded with chemicals your body cannot process. These are then stored by the body as a low level of inflammation, damaging cells at a high rate. Clean, organic foods, however, will go through your body with ease," says Gwyneth Paltrow's personal trainer Tracy Anderson.

Sleep is when your body goes to work

When you think of bodybuilding, you picture big workouts and big weights, though that's actually not good for your body. Muscle tissue is broken down during a workout, only to be repaired and strengthened during the recovery process. But this can't happen without sleep, which is when the body fixes itself, says Peterson. "Sometimes it's not about getting in another workout, but an extra hour of sleep. Some people get by on four, but that's not optimal; the body shuts down after a while. Seven hours is good for an adult."

Only pure protein

"You need to make sure your body has protein at the ready to build and rebuild tissue that has been torn down during a workout. And by that, I don't mean quinoa and lentils, but non-fried, non-processed lean beef, chicken, eggs or fish," fitness expert Gunnar Peterson, who works out with most of the Kardashians.



Manipulate your metabolism

Turn your engine from a two-stroke to a V8: "The best way to increase your metabolism is to include weights (such as kettle bells or dumbbells) in your cardio-based workouts. Your muscles will become leaner and denser, which in turn, helps burn more body fat.

Be your body's boss

"As soon as you're out there on the beach and you order some nachos and a margarita — you're going to bloat right back up," warns Anderson. "If you think you have about five pounds to lose ... then aim to shed 10." This will give your body leeway.

Choose a realistic role model

"If you truly believe that beauty is looking like a random magazine model, you're never going to be happy. You're never going to feel good in a bikini, or naked for that matter," warns Anderson.

Have a plan, and actually stick to it

"Starving yourself is nothing but brain damage," Michelle Bridges, well-being guru and author of Total Body Transformation, tells Metro. Be consistent: "Get on the scales, jot your measurements down, and do a mini fitness test: Time how long it takes you to run one kilometre, and see how many crunches, squats, and push ups you can do in one minute. Now start training for 30-45 minutes, six days a week. The most important is to establish a routine. Redo that same fitness test after four weeks, and I can guarantee you will have improved."

What do you really want?

"Want an awesome diet and exercise plan? Google it," says Bridges. The real issue is figuring out what's going on in your head: "People beat themselves up mentally when a diet doesn't work out, which is far more damaging than being overweight ever will be. Nothing is going to change unless you adopt the right mindset. Figure out a week-by-week schedule, and think about what you really want, whether that's fitting into a size 10, or being able to run five kilometres. Only then will you be ready to tackle the rest," she explains.

In case of injury

Your summer first-aid kit

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

School's out this week, and family vacations are on the calendar. Canadian families need to be prepared for any medical emergencies.

To help prepare, in the summer issue of Best Health we asked a nurse what she keeps in her own first-aid kit. Here's what Caitlin Mason, a thoracic nurse at the Victoria General Hospital in Halifax, typically has on hand.

1. BANDAGES. Always have a variety of sizes, says Mason.

2. TWEEZERS. These are a great tool for splinter removal.

3. DISPOSABLE LATEX GLOVES. They'll keep you and the person you're assisting safe from bodily fluids.

4. INSTANT ICE PACKS. These are convenient temporary relief for swelling or sports injuries.

5. HAND SANITIZER. If you don't have soap and water handy, this offers a quick cleanse until you can properly wash your hands.

6. SALINE SOLUTION OR ANTISEPTIC. You'll need this to clean out cuts and scrapes.

7. ASPIRIN. This helps relieve mild pain and inflammation.

8. BENADRYL, OR ANY ANTIHISTAMINE. It will treat some allergic reactions.

PLUS Gauze and adhesive tape to dress wounds (and scissors for cutting the gauze and tape); and a tensor bandage for sprains.

Mason also recommends keeping your first-aid kit stocked with a CPR mask to protect yourself from bodily fluids during mouth-to-mouth resuscitation.

You can get these at your local St. John Ambulance and at some drugstores.

We found a couple of natural remedies as options, too: Medical-grade manuka honey is a natural antibacterial and anti-inflammatory; it has been shown in a small study to reduce healing time by 40 days compared to conventional wound treatment.

And arnica cream is really good for bruising and swelling.

Of course, always seek immediate professional medical care in emergencies.

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EveryGirl can get fit, says Maria

Four simple rules. Don't even think about crash dieting: Instead, follow Menounos' advice to not just slim down, but also get healthy

EVA KIS
Metro World News in New York City

Who needs 12 steps when you can reach your diet and fitness goals in 11? Here are four of Maria Menounos' 11 simple rules for every girl looking to improve her health, from The EveryGirl's Guide to Diet and Fitness.

Rule 1: Being healthy is more important than being thin.
We all feel the pressure from Hollywood, media and culture to be thin, thin, thin! The EveryGirl must focus on a healthy lifestyle and choose good fats and carbs like olive oil and whole grains over unhealthy low-calorie crutches like diet soda and energy drinks.

Rule 4: Don't attempt a 180.
How many times have you said you're never eating carbs again? Rather than make enormous, drastic changes, ease out of old habits and into new ones slowly and realistically for maximum staying power.

Rule 8: Always be moving.
If you think exercise only comes from multiple-hour workout sessions with your personal trainer, you're wrong! Incorporate small, cumulative activity throughout the day to help keep your metabolism up and the weight off.

Rule 10: Make no comparisons.
Pam Anderson has the most amazing body. No wait, Gisele Bundchen has the most amazing body. Actually, Kim Kardashian has the most amazing body. Or is it Kristen Stewart? Natalie Portman? Beyoncé, Rihanna, Jennifer Lopez? It's all subjective, which is why it's not worth comparing ourselves to them or anyone else.

Living a healthy lifestyle is more important than being skinny, says author Maria Menounos. GETTY IMAGES

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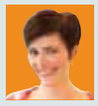
Sweeten soup pot for red lentil day

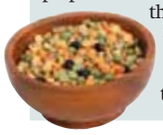
Affordable family food

Ancient crop packs a one-two punch



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Protein packed lentils are one of the most ancient crops known to have been cultivated. It crops up in history 8,500 years ago likely because it is a plant that grows easily in arid or cool regions. Loads of varieties are available and they are cheap and easily found at any grocery store. They are one of the few beans that don't require soaking or any other preparation which makes them a perfect and affordable family food.



Some of the more common varieties include:

- **Puy lentils:** Small blackish green, lower-starch variety. Great for creamy side dishes.
- **Green lentils:** Firm, larger pods great for cold salads.
- **Red lentils:** Actually the hulled inside of other lentils. Great for soups as they disintegrate when cooked.

All lentils rank very highly on the protein scale and, when paired with cheese and/or nuts make a complete protein just as effective as animal protein at building muscle. They are also one of the best forms of fibre, with one cup serving up just over half of your day's needs.

Just remember when cooking any lentils, pulses or beans not to add any acid like lemon or vinegar until the very end. Doing so stops the breakdown of the fibre so that they will not cook further. A good thing to curb the mushies but bad if you don't like crunching on pebbles.

FLASH FOOD

From your fridge to your table in 30 minutes or less

You can feed a family of four for under $2 with a soup of high-protein lentils, nutrition-packed sweet potatoes and onions.

Cheese is optional and will cost a bit extra.

I know it seems weird not to peel the sweet potatoes but the skins are full of nutrients and are just as edibly delicious as white potato skins. Just give them a good scrub and chop!

Directions

1. Warm a large pot over medium-high heat and melt butter. Add onions and sweet potatoes; stir.

2. Add broth and water; add lentils. Bring to a boil, turn down to simmer and cover. Let simmer for 20 minutes.

3. Stir in basil, chili peppers, pepper and molasses.

4. Grate cheese if using and serve at the table.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe makes four servings. THERESA ALBERT

Ingredients

- 1 tsp butter
- 1 onion, chopped
- 1 small sweet potato, scrubbed and cubed, skin on
- 4 cups chicken or vegetable broth
- 1 1/2 cups water
- 1 cup red lentils
- 1 tbsp dried basil
- pinch dried red chili peppers
- 1/2 tsp black pepper
- 1 tbsp molasses
- 8 tbsp grated cheddar cheese (optional)

Brad Treliving has the fourth pick in his first NHL draft as the Flames' general manager. LARRY MACDOUGAL/THE CANADIAN PRESS

Flames GM a newbie himself at NHL draft

NHL. Calgary's No. 4 pick is the earliest the club will call out its first selection in 33 years

New Calgary Flames general manager Brad Treliving has the highest draft pick in team history to work with Friday in Philadelphia.

At No. 4, it will be the earliest Calgary calls out the name of its first selection in its 33 years, unless Treliving trades the pick of course.

"Yeah, there's scenarios. We're not there yet," he said Monday. "A lot of those scenarios of move ups and move downs, it really doesn't happen until the draft floor or shortly before. The biggest thing is bracing for all the different scenarios. If we pick four, we're happy there too. This isn't something where we feel we have to move from four."

Treliving was named Calgary's new GM in April after he spent seven years as an assistant GM of the Phoenix Coyotes. He and the Flames' scouting staff head to Philadelphia on Tuesday for the 2014 NHL entry draft at Wells Fargo Center.

The first round is Friday followed by the remaining six rounds Saturday.

Of the five seasons Calgary hasn't made the playoffs, the first four were considered underachievements. The most recent was accepted by fans as an overdue rebuilding year. At 35-40-7, the Flames finished second-last in the Western Conference. But patience in professional sports is generally short. With the draft quickly followed by the start of unrestricted free agency July 1, and the Flames holding a boatload of cap space, Treliving's opening moves with the Flames will be scrutinized.

THE CANADIAN PRESS

Quoted

"There's a lot of pain to get a top-five pick. So all of a sudden to say we're going to do something else, it would have to be significant."

New Calgary Flames general manager Brad Treliving on this year's NHL draft in Philadelphia

New bench boss

Desjardins picks Canucks over Pens

Few coaches would turn down the chance to coach superstars Sidney Crosby and Evgeni Malkin — but Willie Desjardins did.

Instead of choosing to take the available coaching job with the Pittsburgh Penguins, Desjardins decided that he would rather guide Daniel and Henrik Sedin and their Vancouver Canuck teammates. It's the first NHL head coaching job for Desjardins, a 57-year-old native of the tiny village of Climax, Sask., who most recently led the AHL's Texas Stars to a Calder Cup championship. THE CANADIAN PRESS

Welcome back, R.J.

R.J. Umberger returning to Philly

The Philadelphia Flyers acquired R.J. Umberger and a fourth-round pick in the 2015 draft from the Columbus Blue Jackets on Monday, in exchange for Scott Hartnell.

Umberger makes a return to the Flyers after spending the past six seasons with Columbus.

THE ASSOCIATED PRESS

Staying put in Montreal

"I'd like to stay for the rest of my career. I've never known (free agency), but it doesn't matter."

Andrei Markov agreed to terms on a $17.25-million US, three-year contract extension with the Canadiens — his only team in his NHL career — on Monday.

Doors to Hall of Fame finally open for Burns

Longtime NHL coach Pat Burns will be inducted into the Hockey Hall of Fame as a builder. THE CANADIAN PRESS FILE

Four years after his death, Pat Burns will get the long-awaited honour of being inducted into the Hockey Hall of Fame.

The three-time Jack Adams Award-winner who coached the Canadiens, Maple Leafs, Bruins and Devils and won a Stanley Cup with New Jersey, was selected on Monday as part of the six-member class of 2014. Joining Burns are players Rob Blake, Peter Forsberg, Dominik Hasek and Mike Modano and referee Bill McCreary.

Burns goes into the Hall of Fame as a builder, one year after the late Fred Shero was inducted into the category.

Blake, a native of Simcoe, Ont., won gold for Canada at the 1997 world championships and 2002 Olympics and a Stanley Cup with the Colorado Avalanche in 2001. The defenceman had 777 points in 1,270 regular-season games.

A teammate of his on the 2001 Avalanche, Forsberg also was on Colorado's 1996 cup-champion team. Forsberg finished with 885 points in 708 games and won a Calder, a Hart and an Art Ross Trophy, though his career was cut short by injuries.

Hasek, a former Senator, won the Vezina Trophy as the NHL's best goaltender six times and the Hart Trophy as MVP twice, all with the Buffalo Sabres. He won the Stanley Cup twice with the Detroit Red Wings. THE CANADIAN PRESS

Induction night

The six-man class of 2014 will be inducted Nov. 17.

Roughriders quarterback Darian Durant will no longer have the ability to hand the ball off to Kory Sheets after the latter left the Grey Cup champions in the off-season for the NFL. GETTY IMAGES FILE

Questions abound as CFL kicks off

Five things to watch. Changes lead to intrigue heading into the 2014 season

The CFL has a new franchise in Ottawa, a new TV deal and labour peace with its players for five years, as it prepares to get the 2014 season underway. This year's Grey Cup returns to BC Place, after the Saskatchewan Roughriders won it at home in 2013. Big changes have happened throughout the league and here are five storylines to watch this season:

Ottawa Redblacks — An expansion franchise that can win? Well, maybe. Ottawa decided to use its expansion draft power and free agency to nab a core of experienced players led by last year's losing Grey Cup quarterback, Henry Burris. They also signed former Winnipeg defensive back Jovon Johnson, the CFL's outstanding defensive player in 2011.

Rookie quarterbacks — Drew Willy for Winnipeg, Zach Collaros in Hamilton and Troy Smith in Montreal, will be going into this CFL season as starting quarterbacks. Willy and Collaros were both backups elsewhere last season and Smith was signed by Montreal and helped the Alouettes into the playoffs when Anthony Calvillo was injured.

Zach Collaros THE CANADIAN PRESS

Who throws in Calgary? — Bo Levi Mitchell was announced as the starter on Monday, relegating Drew Tate to the backup role. Mitchell went 3-0 subbing last season, although Calgary also relied on now-departed veteran Kevin Glenn to get them to the West final.

Sheetless in Saskatchewan — Quarterback Darian Durant is back with a hefty three-year deal but when he wants to move the ball this season he'll be missing some familiar faces and sure hands. Kory Sheets, the running back who contributed a Grey-Cup-record 197 rushing yards and two touchdowns to the Roughriders' win is now in the NFL as is all-star receiver Weston Dressler to the NFL. Dressler. The blessed Riders still have native son Chris Getzlaf and import Taj Smith in the 1,000-yard-plus club.

Heartbreakers or playmakers — Both the Winnipeg Blue Bombers and Edmonton Eskimos are in major retool mode. Again. They have new coaching staffs (Winnipeg also changed GM and team president since last season) and are looking to get back to the form that historically made the franchises into two of the strongest in the league. Last season the Bombers finished in the CFL cellar at 3-15 and the Eskimos only slightly better at 4-14.

THE CANADIAN PRESS

Week 1

The Blue Bombers and Argonauts will kick off the regular season Thursday night at Winnipeg's Investor Group Field.

- That weekend, the Alouettes will visit the Stampeders and Lions will host the Eskimos on Saturday. On Sunday, the Roughriders will welcome the Tiger-Cats in Regina.

Under centre. Mitchell gets pushed ahead of Tate for opening game

Bo Levi Mitchell will open the CFL season as the Calgary Stampeders' starting quarterback.

John Hufnagel, the Stampeders head coach and GM, made the announcement Monday, saying Mitchell will be under centre Saturday when the Stampeders host the Montreal Alouettes. Former starter Drew Tate will serve as the backup.

"In my mind it really doesn't matter who's the starting quarterback for Game 1," Hufnagel told reporters. "It's a long season, they're all going to play, and I believe they both will play well when they're on the field."

Tate became Calgary's starter late in the 2011 season but has been plagued by injuries since then.

Bo Levi Mitchell will start for the Stampeders on Saturday over Drew Tate. TORSTAR NEWS SERVICE FILE

Mitchell, entering his third season with Calgary, was 94 of 135 passing last year for 1,156 yards with 10 touchdowns and three interceptions. THE CANADIAN PRESS

Rude welcome. Jays open homestand by crushing visiting AL East rivals

Adam Lind hit a three-run homer and rookie starter Marcus Stroman allowed three hits over a career-high eight innings as the Toronto Blue Jays kicked off a key three-game series with an 8-3 victory over the New York Yankees on Monday at Rogers Centre.

Lind drove a Chase Whitley offering to straightaway centre field in the second inning to give Stroman (4-2) an early lead. The rookie starter gave up just two singles and a solo homer to Mark Teixeira as Toronto moved 2 1/2 games ahead of New York in the American League East standings.

Atop their division

8

The Blue Jays improved to eight games over .500 with a record of 43-35.

The offensive outburst was most welcome for a team that was coming off a disappointing 3-7 road trip and had been held to three runs or less in 11 of its last 16 games.

The 23-year-old Stroman, who was making his fifth career start, struck out seven and walked a batter. He threw 73 of his 114 pitches for strikes. THE CANADIAN PRESS

Injury

Hamstring strain gives Joey Bats some time off

Toronto Blue Jays slugger Jose Bautista will likely miss a few days with a mild hamstring strain but is not expected to go on the disabled list.

The all-star right-fielder had an MRI exam done Monday after leaving Sunday's game in Cincinnati.

THE CANADIAN PRESS

One more year ... at least

Duncan not ready to pack it in

A person with knowledge of the decision tells The Associated Press that Tim Duncan is exercising the option on his contract for 2014-15 and will return to play for the San Antonio Spurs next season.

Duncan turned 38 in April and won his fifth championship with the Spurs in June.

THE ASSOCIATED PRESS

Like clockwork for Oranje

Van Gaal's touch. Benchers Fer and Depay score in 2-0 win over Chile to put Holland atop Group B

Two substitutes, two goals.

Netherlands coach Louis van Gaal can, it seems, do no wrong at this World Cup.

He sent on replacements Leroy Fer and Memphis Depay in the second half of the match against Chile on Monday and they scored both goals in a 2-0 win that confirmed the Dutch as Group B winners with a maximum nine points.

"It is luck," Van Gaal himself said about his super substitutions. "Just luck."

But it was more than that. Fer, listed by FIFA as six feet two inches tall, scored with a header a minute after coming on as a substitute for the five-foot-six Wesley Sneijder.

"I know Leroy Fer is tall compared with our opponents. I know he can head the ball well," Van Gaal said.

Then there was Depay.

"We analyzed that Chile in the last 15 minutes gives away more room," Van Gaal said. "If you have a creative player in at that moment, you have the chance to use that space."

Manchester United, which hired Van Gaal to restore its fortunes after a disastrous season by the club's lofty standards, must be delighted even if it has to wait a bit longer for him to join them after the World Cup.

Chile, one of the most attacking and attractive teams at the World Cup, had no answer at the Itaquerao Stadium, especially not without midfielder Arturo Vidal who watched from the bench.

"I played the best team I had," said Chile coach Jorge Sampaoli.

The Dutch now travel to Fortaleza to play Mexico, Group A's runners-up in the round of 16. Chile faces Group A winners, Brazil, in Belo Horizonte.

THE ASSOCIATED PRESS

The Netherlands' Stefan de Vrij heads the ball past Chile's Francisco Silva, centre, during their Group B World Cup soccer match at the Itaquerao Stadium in Sao Paulo, Brazil, Monday. The Netherlands won 2-0 to finish the group stage with a 3-0 record. Scan the image with the Metro News app for additional photos from Monday's matches.

FELIPE DANA/THE ASSOCIATED PRESS

Group B

Spain saves face in farewell win over Australia

Defending champion Spain salvaged some World Cup pride on Monday with a convincing 3-0 victory over Australia in their last match at the tournament.

After losing their previous matches in Group B to the Netherlands and Chile, both teams took to Arena da Baixada in the southern Brazilian city of Curitiba knowing they could not advance to the second round.

David Villa, on his 97th and final appearance put Spain ahead in the 36th minute with his record 59th goal, guiding Juanfran Torres' pass into the net with the inside of his right foot. Juanfran had been found by a typically incisive pass by Andres Iniesta.

"It's sad because we would have liked to have spent more time here, but that's how it is," said the 32-year-old Villa.

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Leading scorer. Neymar turns Cameroon Lions into kitties with double

Neymar lived up to the expectations of the World Cup host nation Monday, scoring two goals as Brazil routed Cameroon 4-1 to reach the knockout stage as the top team in Group A.

Fred and Fernandinho added second-half goals for Brazil, which will face South American rival Chile in the second round.

Neymar netted twice in the first half, on either side of midfielder Joel Matip's goal for Cameroon in the 26th minute.

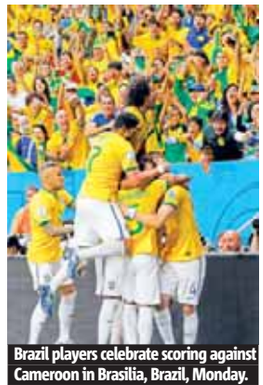
He opened the scoring off a low cross by midfielder Luiz Gustavo in the 17th, deftly side-footing the ball home from close range, then restored the lead with a low right-foot strike from the top of the penalty area in the 35th after a pass by left back Marcelo.

"If I'm not mistaken this is our best game yet," Neymar said. "Everyone deserves congratulations for their efforts until the end."

Fred found the net in the 49th and the substitute Fernandinho struck in the 84th.

Brazil finished Group A with seven points after two wins and a draw. It ended with the same points as Mexico, but had a better goal difference.

Playing in its 100th World Cup match, Brazil needed at least a draw to advance. Elimination in the group stage would have been unthinkable for the five-time world champions playing at home. The only team to play in all 20 World Cups, Brazil has advanced to the second round in every tournament since 1970. THE ASSOCIATED PRESS



Brazil players celebrate scoring against Cameroon in Brasilia, Brazil, Monday.

DOLORES OCHOA/THE ASSOCIATED PRESS

Group A

Mexico advances with solid 3-1 win over Croatia

Mexico surged into the World Cup's knockout stage for a sixth-straight time Monday with a 3-1 win over Croatia.

Rafael Marquez, Andres Guardado and Javier "Chicharito" Hernandez scored in a 10-minute span in the second half, dooming a talented Croatia side to elimination.

The Croats had to win and held the bulk of possession, but had trouble seriously threatening goalkeeper Guillermo Ochoa until an 87th-minute consolation goal from Ivan Perisic.

Mexico needed only a draw and looked dangerous in attack, but was kept out until the three-goal burst.

THE ASSOCIATED PRESS

Mexico's Andres Guardado

GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
A relationship may have been under strain of late but don't despair. Before this week is over you will have patched up your differences and be the best of friends again.

♉ Taurus
April 21 - May 21
If you are tired of playing second fiddle then now is the time to do something about it. Let important people know what you can do. Part of the problem is you rarely push yourself forward.

♊ Gemini
May 22 - June 21
The next few days will be memorable — hopefully for the right reasons. You are more likely to enjoy yourself if you let go of hang-ups and allow yourself to enjoy what life has to offer.

♋ Cancer
June 22 - July 23
Try to accept the ups and downs of daily life with serenity. It's not as difficult as it sounds — just don't take anything, including yourself, too seriously.

♌ Leo
July 24 - Aug. 23
Don't worry too much about keeping things civil today. If you've got something to say then come right out with it and, if certain people don't like it, too bad!

♍ Virgo
Aug. 24 - Sept. 23
You will get several interesting offers over the next few days. How will you know which of them are right for you? Just listen to your inner voice. You already know all the important answers.

♎ Libra
Sept. 24 - Oct. 23
The planets will bring out the devil-may-care side of your nature over the next 24 hours. You will thoroughly enjoy shocking people.

♏ Scorpio
Oct. 24 - Nov. 22
You may be in the mood to change things but the planets warn there are some things it might be wiser to leave as they are for the time being. Make changes for a reason, not just because you can.

♐ Sagittarius
Nov. 23 - Dec. 21
You will get things done quicker today if you join forces with like-minded people. Also, tell that special person in your life how much you adore them. They may need some reassurance.

♑ Capricorn
Dec. 22 - Jan. 20
Decide what it is you need to accomplish. No matter how many disappointments you have suffered in recent weeks the planets indicate that from here on it will be success all the way.

♒ Aquarius
Jan. 21 - Feb. 19
You may be in the mood to settle an old score but is that really sensible? Focus only on positive objectives and pretend that negative and annoying people do not exist.

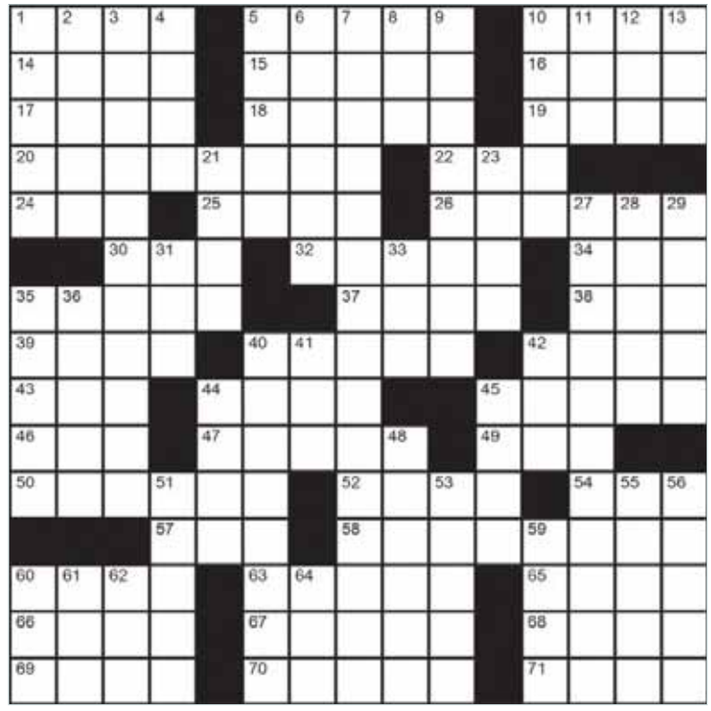
♓ Pisces
Feb. 20 - March 20
If you know what it is you want, act decisively. Someone in a position of authority thinks you are special and they will think you are even more special after today!

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

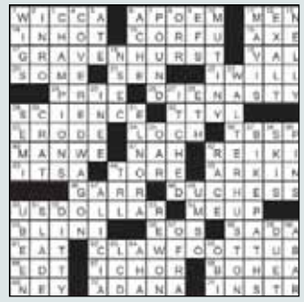
BY KELLY ANN BUCHANAN



Across
1. Baseball glove
5. Chef Ms. Lakshmi
10. 1997 Great Big Sea album
14. "It's ___-way street."
15. Royal __ Golf Club, in Scotland
16. Upset
17. Churn
18. Blow
19. Some slitherers
20. Canadian provider of green energy
22. __ + Pill = Well
24. NFLD's ocean
25. American state
26. Scottish band, __ Minds
30. Writer Mr. Fleming
32. Cuts
34. Bolt
35. Army vehicles
37. "Darn it!"
38. Compass pt.
39. Gymnastics great Ms. Korbut
40. Symbolic pole
42. Con
43. Moviedom's Ms. Mendes
44. Shoes: __ support
45. Book for Bridget Jones
46. Drollness
47. Decorator Mr. Berkus, and others
49. Branch
50. One of Doc and Grumpy's colleagues
52. Chair
54. "Adieu!"
57. Word's li'l meaning
58. Rapper Expert on ABC's "Rising Star"
60. Music's Ms. Mitchell
63. Role on "Star Trek"
65. Geese: French
66. Count __ (Jim Carrey role in 2004)
67. Mount in the Yukon, Canada's highest
68. Sing-y syllables
69. Uptight
70. Sixth, in Italy
71. Mr. Warhol

Down
1. Venemous snake, Black __
2. "Cut ___!" (Stop already!)
3. Newfoundland tourist destination, the 'Iceberg Capital of the World'
4. Cost
5. Prefix to 'dactyl' (Flying reptile)
6. Old battleground artefacts
7. "Making It Work" band from Vancouver: 4 wds.
8. Broom alternative
9. CASL = Canada's __-__ Legislation (It comes into force July 1, 2014)
10. Sacred song
11. 'L' in L.A.
12. Dadaist Jean
13. Aye
21. Fish parts
23. Itemize
27. Central Great Lakes-St. Lawrence __ Region
28. Of the moon
29. The other side
31. Jennifer Lopez's new album
33. Wrath
35. Miriam __, Canadian novelist from Steinbach, MB
36. Certain cartoon Chipmunk
40. Piled-up-with-food carriers
41. Libran's mo.
42. Lady's love
44. Hockey star Mr. Kopitar
45. Info
48. Georges __ (French painter, b.1859 - d.1891)
51. Enlighten
53. A Bell for __ (John Hersey novel)
55. Move over
56. Homework assignment
59. Pepsi's partner
60. Mr. Pesci
61. Not new
62. Henpeck
64. Shed tool

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1					4	6
	8	4		7	2			
9			1					
8		2	3		6			
	3						6	
			4		9	5		2
					4			3
			9	3		8	2	
2	5					7		

Yesterday's Sudoku

7	3	2	4	5	1	8	9	6
5	1	8	7	9	6	4	2	3
9	6	4	8	3	2	7	1	5
4	8	5	9	7	3	2	6	1
3	9	1	2	6	4	5	8	7
2	7	6	5	1	8	9	3	4
6	4	9	3	8	5	1	7	2
8	5	3	1	2	7	6	4	9
1	2	7	6	4	9	3	5	8

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TODAY	WEDNESDAY	THURSDAY
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